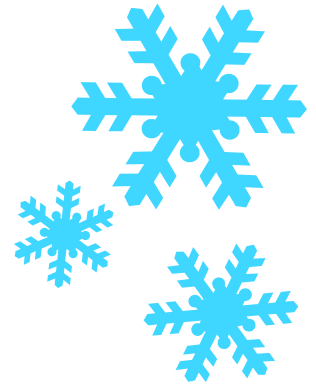


## Stay Safe in the Cold from the Carroll County Health Department

- Wear several layers of loose, lightweight, warm clothing, instead of just one layer of heavy clothes.
- Wear a warm hat. Up to half your body heat is lost through your head!
- Cover your mouth with a scarf to protect your lungs.
- Keep dry!



### FROSTBITE SYMPTOMS

- Skin looks white or gray-yellow and has a hard or waxy feel.
- Skin may itch, burn, or feel numb.
- Deep frostbite can cause blisters.
- When the skin thaws, it can get red and painful.

### FIRST AID

- Move the person to a warm place.
- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
- Do NOT rub the affected area.
- Warm the area gently by soaking in warm water (comfortable to the touch) until it appears red and feels warm.
- Or, warm the affected area using body heat. For example, armpits can be used to warm frostbitten fingers.
- Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.
- Do not allow the affected area to refreeze.
- Get medical care.

### HYPOTHERMIA SYMPTOMS

- Shivering
- Cold, pale skin
- The “umbles” – mumbles, stumbles, fumbles – person can't walk or talk well
- Confusion and memory loss
- Person may be unconscious

### FIRST AID

- Call 9-1-1.
- Gently move the person to a warm place.
- Remove any wet clothing.
- Warm the center of the body first—chest, neck, head, trunk – by covering with blankets or towels. DO NOT warm hands and feet first – this can cause shock.
- Do NOT warm the person too fast, such as by putting them in water.
- After body temperature has increased, keep the person dry and wrapped in a warm blanket, including the head and neck.
- Get medical attention as soon as possible.